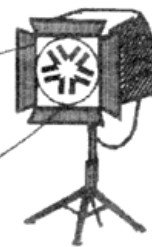




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XIX, ISSUE 5

A newsletter for D.C. Seniors

May 2004

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

I am delighted to present to you the D.C. Office on Aging's Annual Report for Fiscal Year October 2002 to September 2003. The D.C. Office on Aging staff, the Senior Service Network and I take great pride in making a difference in the lives of the District's older residents.

The District's elders are among the most conscientious and civic-minded citizens in the United States. You can always be counted upon to support our city and communities. In turn, we remain committed to providing you with the best programs and services possible.

The Office on Aging was able to maintain our level of programs and services during Fiscal Year 2003 because of the funding provided by Mayor Anthony A. Williams and supported by the Council of the District of Columbia. This has enabled the D.C. Office on Aging to remain a "best practices" agency in the areas of wellness, nutrition, social services and transportation.

Seniors, as you review this document, I invite you to become a part of the Senior Service Network. Please visit our wellness centers and become a part of our wellness programs.

The Office on Aging is planning several special events this year. In particular, our Annual Senior Citizens' Day will be held on May 6. Health screenings, educational materials, a nutritious meal, dancing, plenty of socialization and fun, fun, fun are planned! Contact the D.C. Office on Aging at 202-724-5622 for further information.

Let me know what you think about our report and, above all, be WELL.

40th Annual Senior Citizens Day

May 6, 11 a.m. to 2 p.m.

Free at D.C. Armory

For tickets, call 202-724-5622.

D.C. Office on Aging Annual Report

Highlights of the D.C. Office on Aging

FY 2003 Accomplishments

- Funded a Senior Service Network comprised of more than 20 public and private non-profit organizations. This network provided a wide array of direct services, such as counseling, case management, transportation to life-sustaining medical appointments such as chemotherapy and dialysis, mid-day meals in both group and home-delivered settings, legal services, health promotion, nutrition counseling and education, recreation and socialization, and many other services to seniors in the District.

- 48,968 seniors participated in one or more programs and services.

- Provided more than 1.3 million nutritious mid-day meals to nearly 10,000 elderly Washingtonians in group settings and to the homebound.

- Placed more than 756 District seniors in subsidized employment and training through the Senior Works Program, the Older Workers Employment and Training Program, the McMaster's Program and the Senior Service Network.

- Served 334 residents at the Washington Center for Aging Services (WCAS), the Office on Aging Nursing Facility.

- Launched a Quality of Care Program at the Washington Center for Aging Services, using approaches to improve the quality of life and care for the center's residents. Approaches included an "Adopt-A-Unit" Initiative that assigned department heads to the residents' units on a monthly basis to perform weekly quality management

checks and to speak with residents, their families members and staff.

- Continued renovation of two group homes and a community residence facility for elderly Washingtonians on the grounds of the Washington Center for Aging Services.

- Continued to fund the D.C. Caregivers' Institute to provide a one-stop centralized resource to help decrease the burden experienced by informal, unpaid family and friend caregivers to support them in their efforts to continue providing care to elderly relatives or friends.

providing care to elderly relatives or friends.

- Enrolled 103 caregivers in the D.C. Caregivers' Institute since its inception. These caregivers have benefited from a "Flex Account" which allows them to be reimbursed for up to



\$200 per month for pre-approved expenses related to caregiving, such as respite services and caregiving supplies. The caregivers also received case management services, educational seminars and participated in a monthly telephone support group. The Institute has reached many more caregivers through its outreach and educational programs.

- Co-sponsored, with the University of the District of Columbia Institute of Gerontology and the Department of Mental Health, a Conference for Elderly Caregivers of the Developmentally Disabled at UDC on October 17 (rescheduled from September because of Hurricane Isabel) with approximately 110 participants.

- Supported Congresswoman Eleanor Holmes Norton's Annual Senior Legislative Day with more than 300 seniors in attendance.

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GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

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- Assisted with health fairs and town meetings, and attended various community meetings and citizen outreach initiatives.

- Honored older Americans with several events, such as a caregivers fair, and the Annual Senior Day Celebration at the D.C. Armory during May, which is nationally recognized as Older Americans Month.

- Sponsored the Ms. Senior D.C. Pageant and sent Ms. Senior D.C., Ms. Ellen Odellas-Van Edwards to represent the District in the Ms. Senior America contest in Reno, Nevada. Ms. Odellas-Van Edwards was the third place recipient of the Konze Award for her work with children as a member of Kapitol Klowns. This represents the first time a contestant from the District of Columbia has won a national award at the pageant, receiving \$2,000 for the Children's Inn at the NIH charity.

- Staffed and supported the D.C. Commission on Aging and all its activities, which included the Annual Commission on Aging Calvin W. Rolark Intergenerational Poster Contest.

- Funded, jointly with the D.C. Department of Parks and Recreation, a United Generations Camp for grandparents who are primary caregivers of children aged 8 to 18 years. The camp provides one week of respite for the grandparents. If unable to find someplace for their grandchildren to stay, grandparents are able to bring their grandchildren, but the grandchildren are separated from their grandparents and have separate activities.

- Produced and edited 12 issues of the "Spotlight on Aging," a featured newsletter in the *Senior Beacon* newspaper for the elderly with a readership of more than 200,000 in the metropolitan area. It can be obtained at hundreds of banks, stores, senior centers, hospitals and other venues.

- Supported the renovation and rehabilitation of EOFULA's building at 19th and Calvert Streets, N.W., which is the home of the Spanish Senior Center, funded by the Office on Aging.

- Translated and printed the Office on Aging's mission, services provided, and fact sheet into Mandarin, Cantonese and Spanish for distribution at town meetings and other events.

The Office on Aging and its Senior Service Network Partners Provided the Following Supportive Services to Seniors

Services That Maintain Health

- 2,288 District seniors took 124,366 one-way trips to medical and other life-supporting appointments and services.

- 2,510 District seniors received 33,076 hours of professional case management and assessment services.

- 6,267 District seniors participated in health promotion, self-care and wellness activities.

- 965 District seniors were provided individual expert nutrition counseling.

- 2,247 District seniors received practical lessons in nutrition education.

- 4,134 homebound Washingtonians received 544,897 life-sustaining home-delivered meals.

- 354 seniors used Call 'N' Ride Taxicab Vouchers.

Services That Protect Elder Rights

- Co-sponsored an all-day conference entitled: "Multi-Cultural Perspectives on Aging and Adult Abuse in Asian, Ethiopian and Latino Communities" with the D.C. Department of Human Services (DHS) on June 18.

- Co-sponsored two consumer fraud prevention conferences with Legal Counsel for the Elderly, one for seniors and one for professionals, on topics related to funeral arrangements, life insurance, long-term care insurance, auto disability insurance and probate issues on April 24 and June 6. Funded the D.C. real estate tax sales project which is operated by Legal Counsel for the Elderly. The project identified senior home owners whose homes were at risk of being sold because of delinquent real property taxes. Eighty-three senior homeowners who were at risk of losing their homes were assisted, and the project was able to help retain the homes of all but one of the seniors.

- Co-sponsored two domestic violence and abuse prevention workshops with DHS and the D.C. Housing Authority for public housing managers on March 13 and March 19.

- 4,266 seniors received 12,960 hours of legal services.

- 1,038 contacts were made in person, by telephone and through educational sessions to provide health insurance counseling.

- 3,171 hours of advocacy were performed on behalf of seniors in long-term care facilities.

Services That Address Functional Limitations

- 267 seniors received 106,301 hours of geriatric adult day care services.

- 46 seniors received 752 hours of heavy housecleaning.

- 735 seniors received 103,608 hours of home-maker and Alzheimer's care services.

Services That Support Related Goals and Outcomes

- 4,982 seniors participated in socialization activities.

- 119 persons received services from the Oasis Senior Center for the homeless elderly.

- 1,525 seniors participated in the BODYWISE Exercise Program. The BODYWISE Program is a city-wide health and fitness program, co-sponsored and funded by the University of the District of Columbia's Institute of Gerontology and the Office on Aging.

- 7,633 District seniors received 234,451 hours of psycho-social counseling.

- 211 seniors received services from the Spanish Senior Center, EOFULA.

- 44 Seniors received services through the Extended Services to the Blind and Visually Impaired Program.

D.C. Commission on Aging

The District of Columbia Commission on Aging, established by D.C. Law 1-24, is a 15-member body of advisors on the status of elderly Washingtonians to the Mayor and the Council of the District of Columbia. Staffed by the Office on Aging, the Commission on Aging conducted seven regularly-scheduled meetings. The following is a partial listing of Commission activities:

- Held monthly meetings with Mini Commission on Aging members in Wards 3, 4, 5, 6, 7 and 8.

- Identified prospective members in Wards 1, 2 and 7.

- Reviewed and commented on the District of Columbia State Plan for Aging Services for FY 2004-2006.

- Co-sponsored and partnered several special events, i.e., Annual Senior Citizens Day Celebration, ELDERFEST, Ms. Senior DC Pageant, Centenarian Salute and Senior Legislative Day.

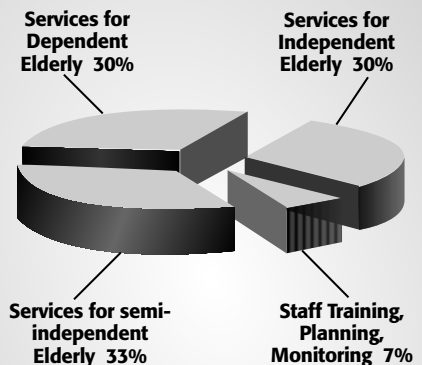
How the D.C. Office on Aging spent its funds Fiscal Year 2003

FTEs

Local Appropriated Dollars \$14,746,453.00 ...14

Federal Dollars \$6,205,392.009

Intra-District/Employment \$280,000.003



Adult Day Care	Legal Services
Advocacy	Outreach
Case Management	Literacy Training
Comprehensive Assessment	Long-Term Care Facility
Congregate Meals	Long-Term Care Ombudsman
Counseling	Nutrition Counseling
Employment	Nutrition Education
Home Delivered Meals	Services for the Blind and the Hearing Impaired
Health Insurance	Socialization
Health Promotion	Special Events
Heavy Housecleaning	Transportation
Independent Living Skills	Wellness
Information and Assistance	

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D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

May events

3rd • 1:00 p.m.

Celebrate Cinco de Mayo at Columbia Senior Center. Join other seniors for dancing, light refreshments and take a chance on breaking the piñata. For more information, contact Monica Carroll at 202-328-3270, ext. 11.

6th • 6:30 to 8 p.m.

"Organization, Options, and Oversight: The Three O's of Successful Parent Care." This workshop offers a framework to help you manage the process, reduce the stress involved, and make sure your parent receives appropriate care. It will be presented by Marsha Pierson of IONA Senior Services, located at 4125 Albemarle St., N.W. For more information, call 202-966-1055 or e-mail: info@iona.org. Pre-registration is required for all seminars.

6th • 11 a.m. to 2 p.m.

The D.C. Office on Aging, the D.C. Senior Citizens Clearinghouse and the Office on Aging Senior Service Network present the 40th Annual Senior Citizens' Day and Health Expo on Thursday, May 6, from 11 a.m. to 2 p.m. at the D.C. Armory, 2001 East Capitol St., S.E. The theme for the event is "Aging Well, Living Well." The doors will open at 10 a.m. Senior Day will feature free health screenings, health and wellness exhibits, fitness demonstrations, line dancing, music, live entertainment and lunch. The event is free, but tickets are required for entry. For tickets, call 202-727-6604.

11th • 6:30 to 7:30 p.m.

Some fats are bad for your health, but others are good and can help cells and tissues stay in good shape. Sort out the differences in a lecture, "Getting the Bad Fat Out." Join Dr. Linda Smith at IONA Senior Center, located at 4125 Albemarle St., N.W. in Washington, D.C. She will discuss trans fat and partially hydrogenated oils. Learn which foods do not contain harmful fats. Pre-registration is required. For further information, call 202-966-1055 or e-mail: info@iona.org.

11th to 14th

The D.C. Golden Olympics, co-sponsored by D.C. Parks and Recreation and the D.C. Office on Aging, will take place over four days. The registration fee is \$13. This is an athletic event geared specifically for seniors in D.C. Game participants can compete in a vast array of sporting events divided by age brackets, including three-on-three basketball, track,

cycling, swimming, table tennis, tennis and archery, just to name a few. This year is also a qualifying year for the 2005 National Senior Olympics. Join the games, or cheer on the competitors. The opening ceremony is at 11 a.m. at the Kenilworth-Parkside Senior Center (4300 Anacostia Ave., N.E.). To register, call Senior Services at 202-282-0748, or visit one of the following drop-in registration centers from May 5 to 7 between 11 a.m. and 3:30 p.m.: Kenilworth-Parkside Senior Center (4300 Anacostia Ave., N.E.), Fort Stevens Senior Center (1327 Van Buren St., N.W.), Banneker Recreation Center (2700 Georgia Ave.), Chevy Chase Recreation Center (5601 Connecticut Ave., N.W.).

13th • 10:30 a.m. to 2 p.m.

AARP D.C., AARP Legal Counsel for the Elderly and the D.C. Office on Aging sponsor a Legal Rights Fair at Delta Towers, 1400 Florida Ave., N.E. Experts will be available to help you understand public benefits, nursing home issues, landlord tenant law, wills and powers of attorney, and will provide referrals for senior services. Free lunch for those who register. Win prizes playing Medicare bingo. Call 202-434-7888 to register.

18th • 2:30 to 3:30 p.m.

"Good Carbs, Bad Carbs: How to Manage Your Weight and Your Energy" is the subject of a lecture by Dr. Linda Smith, IONA's nutritionist. Contrary to popular theory, your body needs certain carbohydrates for energy. Johnson will explain how to choose the right carbs to better manage your weight and reduce your risk of diabetes. IONA Senior Center is located at 4125 Albemarle Street, N.W. For more information, call 202-966-1055 or e-mail: info@iona.org.

19th • 6:30 to 8 p.m.

Attend this session and learn about Socialization and Activities for People with Memory Loss. Learn how to plan daily activities for your loved one, create an environment that encourages activity, and be supportive while offering supervision. Presented by Jochebed Jordan, RN, Director of IONA's Harry and Jeanette Weinberg Adult Day Health Center. IONA Senior Center is located at 4125 Albemarle Street, N.W. in Washington, D.C. For information, call 202-966-1055 or e-mail: info@iona.org.

20th and 27th • 1 to 5 p.m.

The AARP Driver Safety Program, 55 Alive, is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and older. The eight-hour

course is taught in two, four-hour sessions spanning two days. The course helps drivers refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. There are no tests. Call IONA Senior Services at (202) 966-1055 to register for the course. Payment will be collected on the first day. Fee: \$10.

22nd • 8 a.m.

Join the Annual 5K Walk for Children organized by Family and Child Services of Washington, D.C., Inc. Contact Regina Schewer of Model Cities Senior Wellness Center at 202-289-1510, ext. 126.

25th • 6:30 to 8:00 p.m.

There are many ways to help aging parents who do not live near you. Join IONA to learn about long-distance resources and strategies for parents who may or may not want your help. Presented by Marsha Pierson at the IONA Senior Center, located at 4125 Albemarle St., N.W. For information, call 202-966-1055 or e-mail: info@iona.org.

27th • 6:30 to 7:30 p.m.

Dr. Linda Smith, RD, explains how foods interact with medications and how to increase the nutritional value of your diet in "Nutrition, Medications, Mealtimes and Your Health." IONA Senior Center is located at 4125 Albemarle St., N.W. For information, call 202-966-1055 or e-mail: info@iona.org.

**Tune in to
"Senior Talk"
with Doris Thomas,
May 22, 5 p.m.,
WOL 1450 AM.
To call in, dial
1-800-450-7876.**

Get Free Health Insurance Help

The Health Insurance Counseling Project (HICP) provides FREE health insurance information, education and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. HICP is D.C.'s "SHIP" (State Health Insurance Counseling and Assistance Program).

HICP also assists seniors with resolving unpaid medical bills, appealing denials of medical services, and obtaining prescription medications — including understanding and enrolling in the new Medicare-approved discount card program as well as other drug discount card programs and Rx assistance.

Full-time attorneys, part-time volunteer counselors and law students provide HICP services. HICP is a law clinic of the George Washington University Law School.

Enrollment starts this month for the Medicare approved discount card, so call HICP at 202-739-0668 today!

New Meal Program in Ward 8

For your convenience and eating enjoyment, the Office on Aging Senior Service Network introduces a new meal site located at the Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr., Ave., S.E.

On weekdays from 10 a.m. to 2 p.m. you can join other District seniors while you eat a meal that meets one-third of the required daily nutritional allowance. Stop by, exercise your mind and body, then enjoy a hot, mid-day meal. Meals are free, but you may wish to make a contribution to allow for a meal for another senior.

Call and reserve your meal today. While you are there, take advantage of some of the other activities that are available at the beautiful state-of-the-art facility.

Continue "Aging Well, Living Well."

D.C. OFFICE ON AGING NEWSLETTER

Annual Report

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- Co-sponsored with the United Black Fund (UBF), the Commission on Aging Calvin W. Rolark Intergenerational Poster Contest, Wilhelmina L. Rolark, UBF President.

- Presented testimony on the following issues:

Hearing re: Group Hospitalization and Medical Services, Inc. and Care First, Inc. before the D.C. Department of Insurance and Securities Regulation.

FY 2004 Budget Request for the D.C. Office on Aging and the D.C. Office of the People's Counsel.

Proposed Increases in the fare of METRO Rail, Bus and METRO Access before the Management Committee of METRO.

- Resolved to advise WEHTS and METRO Access that:

A. It is time to streamline the procedure for eligible D.C. seniors to access WEHTS directly for transport to and from medical appointments and other "essential" events, without the necessity of making such appointments via FAX from area Lead Agencies.

B. METRO Access is urged to extend its outreach to D.C. Commission on Aging, the Lead Agencies and others in the Senior Network, offering to provide maps of D.C. and other area suburbs on which eligible senior passengers may mark (for drivers) locations of their residences and destinations of their trips. PSA's (Public Service Announcements) should be prepared and placed on METRO Access.



Spring is Back – and So Is Senior Recreation

By Linda Nishida

In celebration of Older Americans Month this May, D.C. Parks and Recreation (DPR) invites seniors to take part in its exciting lineup of spring and summer programs.

DPR's Senior Service Branch and the D.C. Office on Aging kick off this spring with the D.C. Golden Olympic Games, taking place on May 11 to 14, with opening ceremonies at the Kenilworth-Parkside Community Center.

Registered participants can compete in a vast array of sporting events divided by age brackets. Registration is open to any District resident over the age of 50.

The 2004 games serve as an impetus for a new, year-round initiative encouraging senior citizens to incorporate regular physical activity into their lifestyle.

Beginning in March, the Senior Services Branch started setting aside time, space and staff at facilities so that seniors could train for the Golden Olympics. The branch plans to continue to offer times and locations for regular physical training after the games are over.

But the upcoming warm months are not just a time to improve your health and fitness - it's a time to have fun as well. DPR sponsors a variety of recreational and leisure activities just for seniors each year.

On June 9, the department is hosting its annual senior picnic at Kenilworth Park from 10 a.m. to 2 p.m., featuring food and entertainment.

Seniors are also invited to a scenic boat ride on the Potomac River on the renowned *Spirit of Washington* cruise ship, starting at 11 a.m. on June 23. Tickets are \$25 each. End the summer fun with the annual five-day sleepaway Senior Fun Camp, taking place from Aug. 30 to Sept. 3 at breathtaking Camp Riverview in rural Scotland, Md.

DPR also promotes activities encouraging intergenerational relationships, providing young people the opportunity to learn from the experiences of generations before them. Ft. Stevens Senior Center is celebrating such relationships by hosting the annual Intergenerational Grandparent Banquet on July 14 at 2:00 p.m.

In addition, the United Generations Caregivers' Vacation Camp, sponsored by the Office on Aging and the DPR, offers caretakers of children the opportunity to enjoy a week away from the city at Camp Riverview from Aug. 2 to 6, with the option of bringing the children along. While attending the same camp as their caregivers, children who do attend will engage in various recreational activities geared specifically toward their age group.

Senior programs, however, entail so much more than just one-time or annual events. DPR's Senior Services branch offers a comprehensive range of programs and activities at 13 full-day senior recreation centers and housing complexes throughout the city.

Arts, crafts, games and cultural events are offered at these centers daily.

Registration is a must for all events and programs. For more information or to register for any of the activities described above, please call DPR's Senior Services branch at 202-282-0748 and join in the fun!

Linda Nishida is the media relations associate for D.C. Parks and Recreation.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.